TAKE A BREAK FROM STRESS

5 STRATEGIES TO HELP YOU REDUCE WORKPLACE STRESS

IDENTIFY STRESS PATTERNS & AVOID THEM
Write down what happens, how you react and how you calm down.

TAKE CARE OF YOURSELF
Exercise, eat right and get enough sleep.

PLAN A GETAWAY
Use all your vacation days—you earned them!

LEARN TO RELAX
Look into meditation and deep-breathing exercises.

GET HELP
Reach out to supervisors, family and friends. Also, see if your employer has stress management resources.

RESEARCH SHOWS WORKPLACE STRESS IS RESPONSIBLE FOR UP TO $190 BILLION IN ANNUAL U.S. HEALTHCARE COSTS.

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org.